



23rd Biennial Conference of the
Society for Menstrual Cycle Research

Traversing the Ridge:

Connecting Menstrual Research and Advocacy



Colorado Springs, CO

June 6 - 8, 2019



**COLORADO
COLLEGE**

SMCR President and Conference Chair **Welcome**

Welcome to the beautiful Colorado Rocky Mountains, Colorado College, and the 23rd biennial conference of the Society for Menstrual Cycle Research! When you consider how “hot” periods are these days, and also that SMCR has been working on matters of menstrual health and justice for over 40 years, you will understand why I call our society the Mothership. With social media as a tool it seems new period educational initiatives, period tracking apps, and period products are popping up almost daily. At the same time, we face here in the United States and in many other countries the erosion of reproductive rights and education. SMCR’s Mothership is needed more than ever, then, to inform, enrich, and also critique such developments with our wealth of feminist knowledge.

This year’s conference theme, “Traversing the Ridge: Connecting Menstrual Research and Advocacy,” reflects SMCR’s commitment to evidence-based work on menstrual health and acknowledges that when scholarship, activism and advocacy meet in the same room, we can mutually inform one another in ways that truly promote menstrual and reproductive justice. The program of plenaries, paper symposia, posters, workshops, panels, networking and exhibits we have packed into two-and-a-half days will surely enlighten. Be prepared to tackle some controversial topics (e.g., menstrual leave, hormone replacement therapy, product distribution in developing nations, uses of data) because that’s what we do on the Mothership: we ride both calm and stormy seas together.

The conference is the culmination of two years of hard work and I would like to extend special thanks to some special people who did a lot of heavy lifting with me. Thank you, Board member Rachel Fikslin for your extraordinarily successful efforts to secure our fabulous sponsors, vendors, and exhibitors. Thanks to the program committee Ingrid Johnston, Breanne Fahs, and Saniya Ghanoui, but especially to Jane Ussher and Janette Perz, for your long hours of work and many calls across time zones and hemispheres to put together our awesome program. And thanks to Jane and Janette’s admin assistant, Lorelle Metusela, for administrative help in Sydney. To Peggy Stubbs, our clever and capable treasurer, as well as my confidant when I was sure I would either lose my mind or be fired from my day job, my sincerest gratitude. Thanks to David Linton for emceeding what is now a tradition at SMCR: “The Red Moon Howl.” Here in Colorado, my gratitude to Jessica Hunter-Larsen and Innovation at CC. Thanks beyond words to Ann DeStefano, the Psychology Department administrative assistant extraordinaire, with whom I have been working for 26 years, but with whom the past two have been so challenging I thought she might have to kill me (I owe you about 1,000 trips to Taco Bell my friend). And finally, to those SMCR board members and general members who stepped up to help when I asked when so many others would not (or who answered late night desperate texts and emails with calm reassurance that all would be well): THANK YOU. You know who you are and I see you (wink, wink Chris Bobel and Ingrid Johnston).

So all aboard SMCR’s Mothership of menstrual health and justice! Here’s to an informative, challenging, creative, supportive, visionary two-and-a-half days together! Be sure to ask any questions of me or my fabulous Colorado College student interns Ciara Bowen, Ellen Buford, and Nan Elpers. We’re here to help you!

Tomi-Ann Roberts

SMCR President and Conference Chair

Campus Map

Bemis Hall (1)

**Edith Kinney Gaylord Cornerstone
Arts Center (2)**

Russell T. Tutt Science Center (3)

EAST CAMPUS HOUSING

Salazar House (4) - 1115-A N. Nevada Ave.

Chiles House (5) - 1115-BC N. Nevada Ave.

Goodacre House (6) -
1115-DE N. Nevada Ave.

Fleming House (7) - 1115-F N. Nevada Ave.











Clarke House (8) - 209-AB E. Uintah St.

Ellingwood House (9) - 209-DE E. Uintah St.

Roberts House (10) -
1109-ABC N. Nevada Ave.

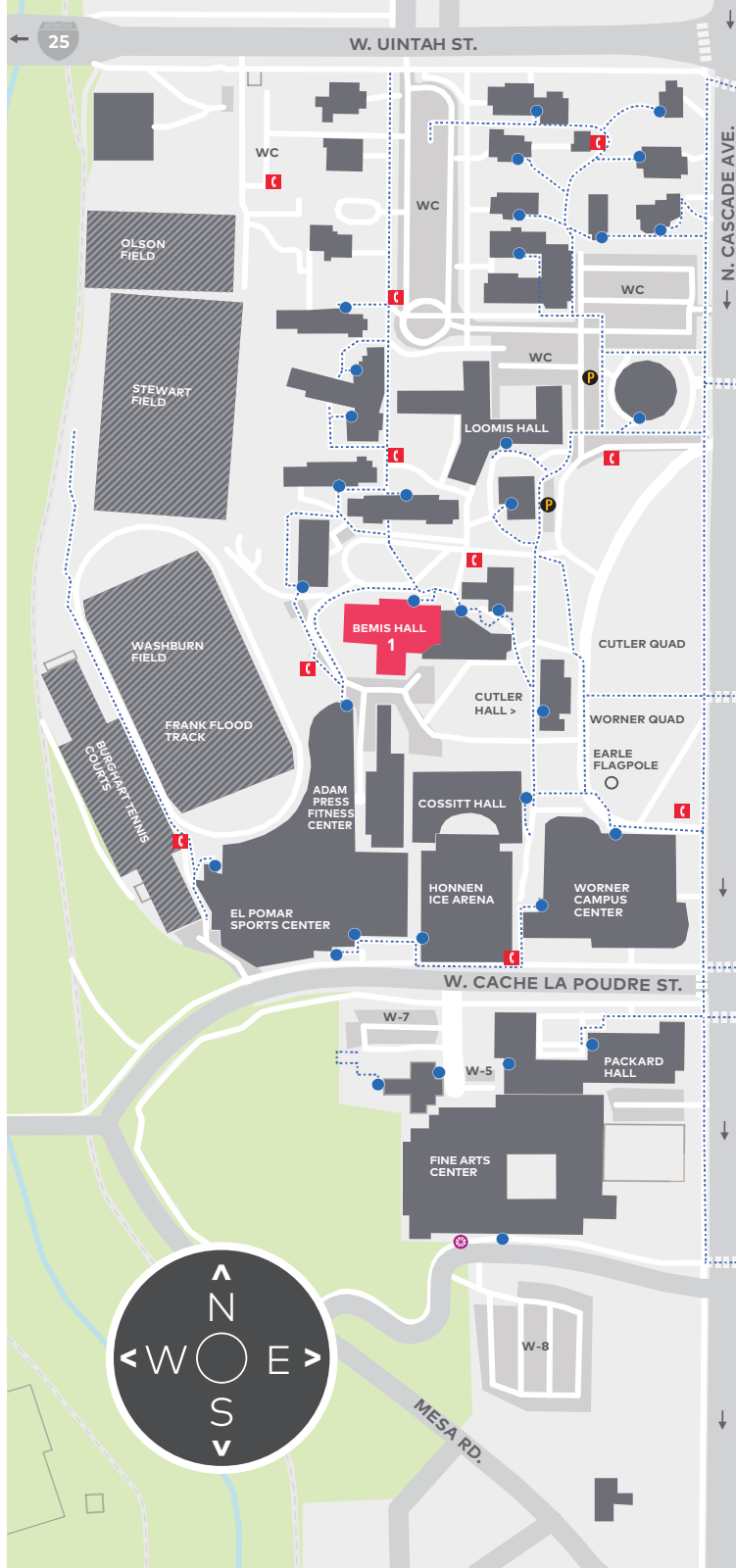
Heckman House (11) -
1111-ABCD N. Nevada Ave.

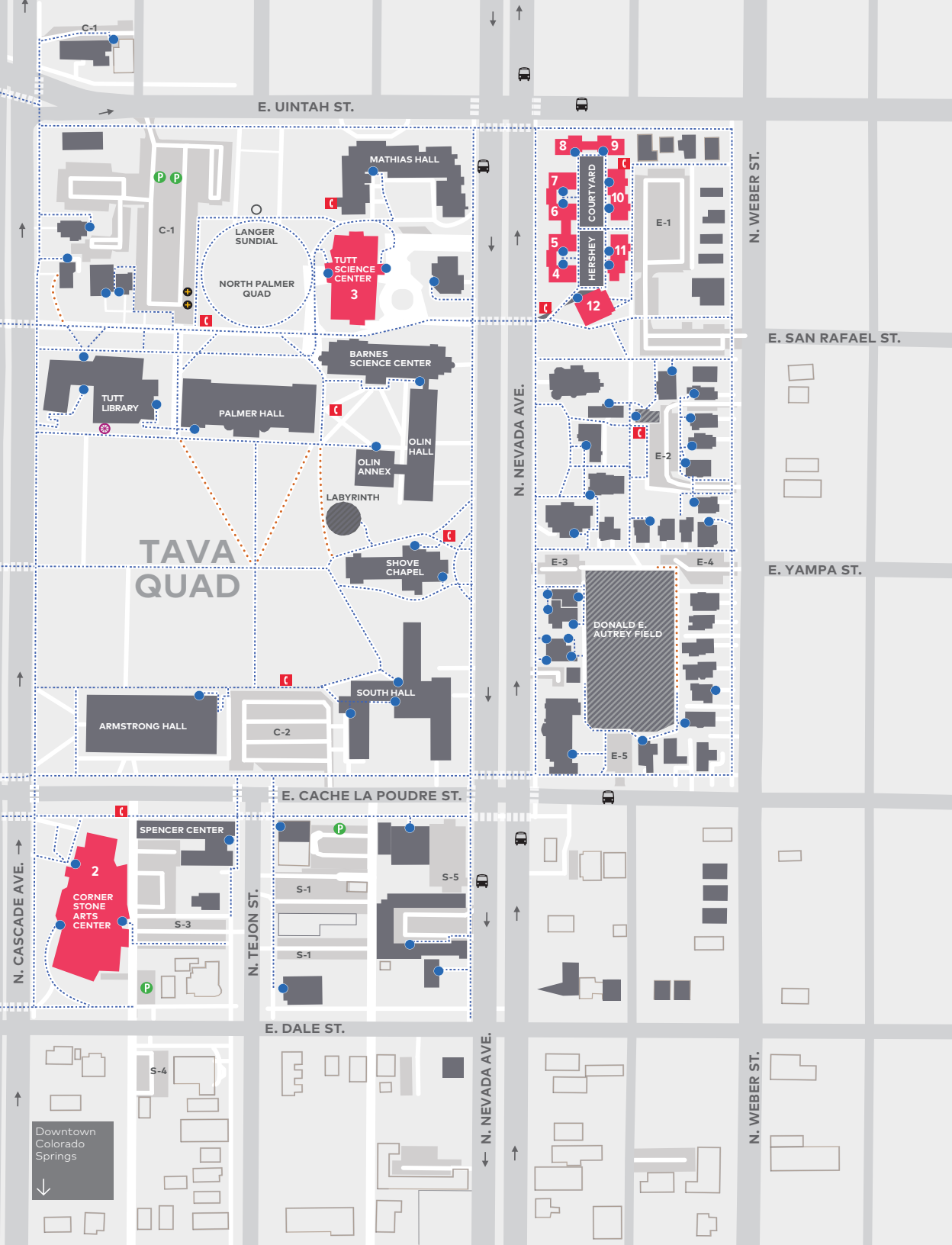
Hybl Community Center (12) -
1107 N. Nevada Ave.

-  Admission visitor parking
-  Paid visitor parking
- A-1** College permit parking
-  Emergency telephones
-  City bus stops
-  Electronic vehicle charging station
-  PikeRide bike sharing stations
-  Sidewalks and other paths
-  Accessible building entrances
-  Accessible Route
-  Crushed gravel path (uneven surface)

Note: All parking lots have accessible parking, except the western WC lot.

Colorado College is a smoke- and tobacco-free campus. No weapons allowed.





E. UINTAH ST.

N. WEBER ST.

E. SAN RAFAEL ST.

E. YAMPA ST.

E. CACHE LA POUDRE ST.

E. DALE ST.

N. NEVADA AVE.

N. WEBER ST.

N. TEJON ST.

N. CASCADE AVE.

TAVA
QUAD

Downtown
Colorado
Springs

Schedule at a Glance

THURSDAY, JUNE 6, 2019

2:00 pm	Registration Opens	Bemis Lounge
3:00pm – 4:30 pm	Concurrent Workshops Sessions #1	Tutt Science Bldg.
5:00 pm – 7:30 pm	Welcome <i>Tomi-Ann Roberts, SMCR President</i> Poster Session	Bemis Hall
6:30 pm	Performance: Hungry Ovaries <i>Jess Grippo</i>	

FRIDAY, JUNE 7, 2019

8:00 am	Check-In & Breakfast Buffet	Bemis Lounge
8:15 am – 8:45 am	Book Slam	Bemis Lounge
9:00 am – 9:45 am	Keynote Presentation: “What We Talk About When We Talk About Menstruation” <i>Chris Bobel</i>	Bemis Hall
9:45 am – 10:30 am	Panel: “The Politics of Data: Parsing the Promises and Perils of Evidence-driven Menstrual Cycle Studies”	Bemis Hall
10:30 am – 11:00 am	BREAK	
11:00 am – 12:30 pm	Concurrent Sessions #1	Tutt Science Bldg.
12:30 pm – 2:30 pm	PLENARY & LUNCH BUFFET “Honoring Margaret Atwood” “Mentoring Menstrual Researchers” <i>Joan Chrisler</i>	Bemis Hall
2:30 pm – 4:00 pm	Concurrent Sessions #2	Tutt Science Bldg.
4:00 pm – 4:30 pm	BREAK	
4:30 pm – 5:30 pm	Concurrent Workshop Sessions #2	Tutt Science Bldg.
7:00 pm – 9:00 pm	DINNER OPTIONS Local restaurants	

SATURDAY, JUNE 8, 2019

8:00 am	Check-In & Breakfast Buffet	Bemis Lounge
8:15 am – 8:50 am	Speed Mentoring Session	Bemis Lounge
9:00 am – 9:45 am	Keynote Presentation: “Rethinking Estrogen – Yes, Again” <i>Carol Tavris</i>	Bemis Hall
9:45 am – 10:30 am	Panel: “Crossing Borders: Diverse Perspectives on the Menopausal Transition”	Bemis Hall
10:30am – 11:00 am	BREAK	
11:00 am – 12:30 pm	Concurrent Sessions #3	Tutt Science Bldg.
12:30 pm – 2:30 pm	PLENARY & LUNCH Film: “The Invisible War on Blood” <i>Ishwari Rajak</i> SMCR Updates and Reports In Memoriam: “Honoring Menstrual Researchers”	Bemis Hall
2:30 pm – 3:30 pm	Concurrent Sessions #4	Tutt Science Bldg.
3:30 pm – 4:00 pm	BREAK	
4:00 pm – 5:00 pm	Award Announcements Call to Action: Gallery Walk & Interactive Exercise with Graphic Recorder	Bemis Hall
7:00 pm – 10:00 pm	Closing Celebrations Performance <i>Vanessa Dion Fletcher</i> “Red Moon Howl” – Poetry Slam Open Mic	Cornerstone Arts Center



Full abstracts for presentations and workshops can be found here:
www.menstruationresearch.org/conferences/#conference_2019

2:00 pm	Registrations Opens	Bemis Lounge
3:00 pm – 4:30 pm	Concurrent Workshop (CW) Sessions #1	Tutt Science Bldg. (TSB)

CW 1.1: “How to Teach Cervical Mucus in Menstrual Health Education” TSB Rm. 218
Lisa Leger, Justisse College International, Canada

CW 1.2: “Menstrual Cycle Research and Activism through Decolonial, Anti-colonial Feminist Worldviews” TSB Rm. 214
Taqdir (Taq) Kaur Bhandal, Social Justice Institute, University of British Columbia & Vancouver Women’s Health Collective, Canada

CW 1.3: “Trans & Genderqueer Menstruation” TSB Rm. 126
Frankie, University of Wisconsin-Madison, United States

5:00 pm – 7:30 pm	Welcome <i>Tomi-Ann Roberts, SMCR President</i>	Bemis Hall
	Poster Session	

Poster Session

“A Prospective One-Year Observation of Variables Related to Menstrual Cramps in a Cohort of Healthy, Non-smoking Normally Menstruating and Ovulating Premenopausal Women”
Sewon Bann, University of British Columbia, Canada

“An Analysis of Menstrual Equity Policy in Canada”
Halima Al-Hatimy, Ryerson University, Canada

“Apart from Pads: Alternative Menstrual Products as Sex Education Tools”
Zoe Yuk Lam Chan, Happeriod, Hong Kong

“Assessing Menstrual Poverty in Mississippi from a Socio-Ecological Framework”
Christine Little, Mississippi State University, United States

“Blood Across Borders”
Leila Owens, Princeton University, United States; Jatan Sansthan, India

“Exploring Knowledge of and Intentions to Change Behaviors After the Criminalization of Chhaupadi in Nepal among Community Members and Police: A Presentation of Initial Findings”
Sara Baumann, University of Pittsburgh, United States

“Exploring the Relationship Between Knowledge about Women’s Reproductive Health and Beliefs about Reproductive Justice”
Mindy J Erchull, University of Mary Washington, United States

“Green Crusaders”
Rajasi Kulkarni Diwakar, Green the Red, India

“Menopause in A Relationship Context”

Nomi Redding, Independent Researcher, United States

“Menstrual Hygiene Management in Public Schools”

Charlotte Powley, Brandeis University, United States

“Menstrual Hygiene Management: Investigating the Acceptability, Safety, and Effectiveness of an MHM Intervention within A Community-Based Sexual and Reproductive Health Program”

Mandi Tembo, London School of Hygiene and Tropical Medicine, Zimbabwe

“Menstrual Inequity is Gender Inequality: A Case Study from Pakistan”

Urooba Ahmed Fatima, Hampshire College, United States

“Menstruation and the Workplace: Experiences and Results from a Swedish Project”

Klara Rydström, MENSEN - forum för menstruation, Sweden

“My Mother’s Garden Has About A Million Flowers”

Geneva Kachman, Menstrual Monday, United States

“No Matter the Location, Period Pain Negatively Impacts Education in Young Women: A Systematic Review and Meta-analysis”

Mike Armour, Western Sydney University, Australia

“Period Action in Asia: The User’s Revolution of Menstrual Product Industry in Taiwan”

Wen-Fei Shih, Artemis Medical Devices, Taiwan

“Period Poverty to Period Positivity: A Strategic Approach”

Chella Quint, #periodpositive, United Kingdom

“Public Health Advocacy as an Undergraduate: Lessons Learned”

Diya Khullar, Northeastern University, United States

“Sowing Menstrual Blood as an Act of Political Empowerment”

Laura Contreras Aristizábal, Medicina de Mujer, Colombia

“Teaching Menstrual Health and Encouraging Activism in an Interdisciplinary Women’s Health Course: Lessons from 20 Years of Women’s Health at a Liberal Arts College”

Suzanne Cox, Beloit College, United States

“The Shadow Side of our Reproductive Rights”

Jamie Renee Lashbrook, Arvigo Techniques of Maya Abdominal Therapy, United States

“War on Period Pain - Women Health Wearables and Smart Textile Solutions as Period Pain Relief Methods”

Anna Zsófia Kormos, Moholy-Nagy University of Art and Design, Hungary

“What are the Best Practices for an NGO Working on Menstrual Health Issues in Rajasthan, India, to Work with Partner Institutions Such as Governments or Global Corporations?”

Leila Owens, Princeton University, United States; Jatan Sansthan, India

Conference Schedule: Thursday, June 6

“What Gets Measured Gets Done – MHM as Part of the Global WASH in Schools (WinS) Monitoring Framework.”

Jan-Christoph Shlenk, Katja Brama, Dr. Bella Monse, GIZ, Germany

“Young Women’s Attitudes Towards Genitals: Appearance, Function, Touch, and Shame”

Maureen McHugh, Indiana University of Pennsylvania, United States

6:30 pm	Performance	Bemis Hall
---------	-------------	------------

Performance: “Hungry Ovaries”

Jess Grippio, United States

“Hungry Ovaries” is a one-woman performance piece that combines dance, comedy, and science, to illustrate the changing hormonal patterns of a woman’s menstrual cycle.

8:00 am	Check-In & Breakfast Buffet	Bemis Lounge
---------	--	--------------

8:15 am – 8:45 am	“Book Slam”	Bemis Hall
-------------------	--------------------	------------

Hear about the latest published menstrual-related research, poetry and literature at the SMCR “Book Slam.” What is a “Book Slam?” It’s short, sharp book talks from authors and editors about their latest books.

9:00 pm – 9:45 pm	Keynote Presentation <i>Chris Bobel</i>	Bemis Hall
-------------------	---	------------

“What We Talk About When We Talk About Menstruation”

In this talk, Bobel reflects on the burgeoning global health movement, taking stock of its priorities, assumptions, and blind spots. In what ways — in spite of tremendous progress in centering attention on menstruation — is the language of menstruation still bounded by the vocabulary of sexism and the grammars of capitalism and neocolonialism? Drawing on her ‘invested critique’ of increasing efforts to promote ‘menstrual hygiene management’ (MHM) in the Global South, Bobel explores how these interventions often rely upon weak evidence and spectacularized representations to promote a consumerist agenda that privileges Western norms of embodiment. Menstruation is now “managed” through personal, not systematic, change, and the core problem of menstrual stigma is accommodated more than it is resisted.

9:45 am – 10:30am	Panel	Bemis Hall
-------------------	--------------	------------

“The Politics of Data: Parsing the Promises and Perils of Evidence-driven Menstrual Cycle Studies”

Data serves as evidence. Data informs what we know about the parameters of the average menstrual cycle. Data informs policy and program decisions. Data can point us to neglected issues and populations and help us determine which priorities to set. But capturing and analyzing data is a complicated and often fraught process, especially now as the menstrual cycle is rapidly gaining importance in development, public health, and policy circles.

The evidence base for what policies and programming we need is not fully established. Many statistics such as the average age of menarche have not been updated for decades. In some countries, it has never been established at all. Health conditions such as endometriosis are understudied due to a lack of data. Data on marginalized population groups is scarce. Many organizations turn to figures that have no basis in any studies such the alleged ‘1 in 10 girls in Africa miss school due to menstruation.’ The line between fact and fiction seems to be growing fuzzier by the day, and misinformation refuses to die.

Moderator: Inga Winkler, Director, Menstrual Health and Gender Justice Working Group at the Center for the Study of Social Difference; Lecturer in the Institute for the Study of Human Rights; Director of Undergraduate Studies for the Human Rights Program, Columbia University.

Panel Members:

Noemie Elhadad, Associate Professor of Biomedical informatics, Columbia University.

Lauren Houghton, Assistant Professor of Epidemiology, Mailman School of Public Health, Columbia University

Caitlin Gruer, Senior Project Coordinator, Mailman School of Public Health, Columbia University

Vanessa Paranjothy, Co-founder of Freedom Cups (Singapore), Obama Foundation Scholar, Columbia University

Conference Schedule: Friday, June 7

10:30 am – 11:00 am **Break**

11:00 am – 12:30 pm **Concurrent Sessions (CS) #1**

Tutt Science Bldg. (TSB)

CS 1.1 “Transgender Menstruation” TSB Rm. 218

“Different Menstruators”

Rajasi Kulkarni Diwakar, Green the Red, India

“Trans-forming Understandings of Menstruation: The Experiences of Trans and Non-Binary Individuals”

Decker Dunlop, Arizona State University, United States

“Reproductive Health Needs and Preferred Provider Language in a National Sample of Transmasculine Individuals”

Rachel A Fikslin, City University of New York, United States

“Degendering Menstruation: Insights from a Swedish Context”

Klara Rydström, MENSEN – Forum för Menstruation, Sweden

CS 1.2 “Arts-Based Menstrual Practices” TSB Rm. 214

“Performing Periods: Challenging Menstrual Normativity Through Art Practice”

Bee Hughes, Liverpool John Moores University, United Kingdom

“Singing the Menstrual Blues”

David Linton, Marymount Manhattan College, United States

“Page to Stage: Translating, and Re-translating the Show, ‘You Menstrual Me’”

Emily Graves, Louisiana State University, United States

“Myth-Busting, Modernity, and Saviorism in Representations of Menstrual Beliefs and Practices in the Popular Media”

Inga T. Winkler, Columbia University & Chris Bobel, University of Massachusetts, United States

CS 1.3 “Menstruation & Education” TSB Rm. 221

“What Do College Students Know about Menstruation and Ovulation?”

Betty Dorr, Fort Lewis College, United States

“Attitudes Towards Menstruation and Self-objectification Among a Group of Emerging and Early Adult Women at a South African University”

Bronwen Pietersen, Independent Researcher, South Africa

“Digital High School Health Films: New Approaches to Undergraduate Teaching”

Saniya Lee Ghanoui, University of Illinois, United States

“A PERIODic Review of Menstrual Health Education”

Mike Armour, Western Sydney University, Australia

CS 1.4 “Menstrual Shame: Does Talking About it Make it Worse?” TSB Rm. 223

“A Study of Menstrual Moaning”

Maureen McHugh, Indiana University of Pennsylvania, United States

"The Theory and Measurement of Menstrual Shame"

Melissa Muelman

"Positive Dyadic Interactions Regarding Menstruation and Menstrual Shame"

Cynthia Sopoko

"Facilitating Shame Resilience in Young Women"

Kathleen Di Mattia

12:30 pm – 2:30 pm PLENARY & BUFFET LUNCH Bemis Hall

"Honoring Margaret Atwood"

Honoring Margaret Atwood, author of "The Handmaid's Tale," for making menstruation matter.

"Mentoring Menstrual Researchers"

Joan Chrisler and colleagues

Joan's former students and protégés describe the importance of her mentoring to their careers as faculty, scholars, and mentors themselves. They reflect on the role Joan played in introducing them to SMCR, the development of their own leadership, and the impact that mentoring can have on a small organization.

2:30 pm – 4:00 pm Concurrent Sessions (CS) #2 Tutt Science Bldg. (TSB)

CS 2.1 "Menstrual Disorders" TSB Rm. 214

"The Wandering Womb: Lasting Implications of Hysteria on Endometriosis"

Heather Guidone, Center for Endometriosis Care, United States

"Menstrual Problem Research: Is There a Problem?"

Pamela Warner, University of Edinburgh, United Kingdom

"The Meaning of Menstruation and Amenorrhea in the Context of Cancer: Normality and Health, or Inadequacy and Infertility"

Jane Ussher & Janette Perz, Western Sydney University, Australia

CS 2.2 "Menstrual Management 1" TSB Rm. 221

"Menstrual Cups in South Asia: Cultural Norms and Revisionary Frameworks"

Sutopa Dasgupta, EverCup, United States

"Staying in the Game – Menstrual Health Education with Adolescent Girls in Sport for Development in Zambia"

Sarah Zipp, University of Stirling, United Kingdom

"The Monthly Costs of Bleeding - An Exploratory Study on the Connection of Menstrual Health Management, Taboos, and Financial Practices Amongst Schoolgirls in the Kilimanjaro Region in Northern Tanzania"

Katja Brama, Aarhus University & GIZ, Germany

"Understanding Menstrual Hygiene Management Among Adolescents in Indian Urban Slums"

Tanya Dhingra, Temple University, United States

Conference Schedule: Friday, June 7

CS 2.3 “Toxic Tampons” TSB Rm. 223

“Tampons & Medical Privacy: A Legacy of Toxic Shock Syndrome”
Sharra Vostral, Purdue University, United States

“Project Hyacinth: Unilever’s Menstrual Product Arms Race 1965-1980”
Camilla Mørk Røstvik, University of St. Andrews, United Kingdom

“Are Those Tampons Toxic? A Review of Recent Chemical Testing of Tampons and Pads: What Does it Tell us and Where do we Need to Go from Here?”
Alexandra Scranton, Women’s Voices for the Earth, United States

“Reduce, Reuse, Menstrual Cycle: Studying Menstrual Hygiene Product Usage and Knowledge of their Environmental Impact on Allegheny College Campus”
Danielle Higbee, Allegheny College & Independent Researcher, United States

4:00 pm – 4:30 pm **BREAK**

4:30 pm – 5:30 pm **Concurrent Workshop (CW) Sessions #2** Tutt Science Bldg.

CW 2.1: “Crimson Peaks: Period Stories Untold” TSB Rm. 218
Jewel Addy, Red Dot Campaign, United States

CW 2.2: Roundtable discussion: “Product Distribution for Underserved Populations” TSB Rm. 305
Lysne Tait, Helping Women Period, United States

CW 2.3: “The Future is Femtech? Keeping Track of the Issues of a Booming Industry” TSB Rm. 126
Amanda Laird, Heavy Flow, Canada

CW 2.4: “Menstruation: Why Does it Have to be so Difficult?” TSB Rm. 324
Betty Dorr & Nancy Cardona, Fort Lewis College, United States

CW 2.5: “Redesigning Your Period Experience Through Storytelling and Community” TSB Rm. 214
Tara Pokras, Period Portraits, George Washington University, United States

7:00 pm – 9:00 pm **Various Dinner Options** Local Restaurants

Reservations have been made at local restaurants for anyone wanting to gather for dinner (at your own expense and in groups of your own choosing). A sign-up sheet will be posted during registration.

8:00 am	Check-In & Breakfast Buffet	Bemis Lounge
8:15 am – 8:45 am	“Speed Mentoring”	Bemis Hall

Modeled after speed dating, an opportunity for early-career researchers, junior faculty, and activists to meet with senior and experienced faculty and menstrual advocates in a speed mentoring forum.

9:00 pm – 9:45 pm	Keynote Presentation <i>Carol Tavris</i>	Bemis Hall
-------------------	--	------------

“Rethinking Estrogen—Yes, Again”

Estrogen therapy for women during menopause and beyond has long been a vexed issue, medically and politically. Over the decades, it has careened from being the good and helpful Dr. Jekyll — a hormone that could ease women’s menopausal symptoms, keep them “feminine forever,” and even prolong their lives — to the villainous Mr. Hyde, a hormone that can cause dire illnesses and shorten women’s lives. When, in 2002, the Women’s Health Initiative announced that they had found an increased risk of breast cancer, dementia, and death “from all causes” among women taking HRT (estrogen plus progesterone), many women’s health activists felt vindicated and relieved. And yet the story isn’t over. In this talk, I will show how the WHI violated key conventions of scientific procedure and statistical accuracy to wage a campaign of fear, promoting unsubstantiated claims of estrogen’s harms but minimizing their own repeatedly substantiated findings of estrogen’s many benefits. And I will draw on the massive international evidence from laboratory and clinical studies showing not only that estrogen sharply reduces the risks of heart disease, osteoporotic hip fracture, and cognitive decline in women’s later years, but also that it is time to reconsider the assumption that estrogen causes breast cancer. That belief is logical, widely held . . . but wrong.

9:45 am – 10:30am	Panel	Bemis Hall
-------------------	--------------	------------

“Diverse Perspectives on the Menopausal Transition”

A woman muses about buying lovely new panties; another sets out on the trip of a lifetime; a blogger offers information, support, and community to perimenopausal women; researchers uncover myths and misconceptions about migrant and refugee women’s experiences of menopause; a sociologist and intersex advocate challenges her medically constructed menopause; young women’s stories inform an inquiry into the health and social repercussions of primary ovarian insufficiency; all in a collection of research papers and personal narratives that moves far beyond the idea of menopause as a biological marker. Contributors to “Transitioning: Reflections on Menopause and Reproductive Aging,” a forthcoming volume from Demeter Press, explore the experience of perimenopause and menopause. While biomedical and feminist researchers agree that menopause is a time of transition and border crossing, they offer differing perspectives about whether menopause signals deficiency and burden, or growth and freedom, or both. The pieces in this collection vary significantly in both perspective and experience of this process. Research, analysis, narrative, poetry, and art intermingle to create a multi-textured montage that challenges stereotypes, probes relationships, and defies categorization. Co-editors Heather Dillaway and Laura Wershler, together with contributors Jane Ussher and Janette Perz, will preview the collection and discuss how current variations in perspectives allow us to better understand how women think about and experience the menopausal transition in contemporary times.

Conference Schedule: Saturday, June 8

Moderator: Janette Perz, Director, Translational Health Research Institute, Western Sydney University, Australia.

Panel Members:

Heather Dillaway: “Transitioning: Reflections on Menopause and Reproductive Aging (Part One).”

Introduction to four main themes in a diverse, multi-genre collection of perspectives on the menopausal transition. She previews contributions related to “classical” approaches to the transition and how “relationships” influence experiences of menopause.

Jane Ussher: “The Myths and Misconceptions: Migrant and Refugee Women’s Constructions and Experiences of Menopause.”

A report from a qualitative study of migrant and refugee women who had settled in Australia or Canada in the last 10 years, having migrated from Afghanistan, Iraq, Somalia, South Sudan, Sudan, Sri Lanka (Tamil), India (Punjab), and varying South American countries. Findings emphasize how understandings of menopause and the menopausal body is influenced by cultural norms and discourses

Laura Wershler: “Transitioning: Reflections on Menopause and Reproductive Aging (Part Two).”

Reviews the themes of “out-of-step” experiences of menopause and how the transition can “unleash” unique and deeply personal ways of thinking about and approaching the experience.

10:30 am – 11:00 am **BREAK**

11:00 am – 12:30 pm **Concurrent Sessions (CS) #3**

Tutt Science Bldg. (TSB)

CS 3.1 Menstrual Embodiment & Sexuality TSB Rm. 214

“Menstrual Hygiene Management: The Experience of the Nomadic Maasai Population of Kajiado”
Jedidah Lemaron, The Malkia Initiative

“Women’s Experiences of the Premenstrual Body: Negotiating Body Dissatisfaction, Self-Objectification and Reproductive Shame”
Samantha Ryan, Western Sydney University, Australia

“Menarche as a Site of Sexuality and Gender Norms”
Ayanna Shambe, Arizona State University, United States

“The Sexualization of Menstruation: On Rape, Tampons and Prostitute”
Lacey Bobier, University of Michigan, United States

CS 3.2 “Menstrual Management 2” TSB Rm. 218

“A Period of Change: How NGOs in India Are Navigating Practice and Theory”
Margaret McLaren & Kenzie Helmick, Rollins College, United States

“Acceptance and Effectiveness of Reusable Menstrual Cup Among Rural Poor and Underserved Women in Western India”
Shobha Shah, SEWA (Society for Education Welfare and Action), India

“Menstruation Issues in Kenya: A Socio-cultural or a Poverty Issue? Lessons from Rural Parts of Machakos and Elgeyo Marakwet Counties”
Angella Katee Ndaka, Kenyatta University, Kenya

“Menstrual Health Management in Mwala and Marakwet Sub Counties in Kenya”
Mary Onsarigo, Association (Women in Leadership Network), Kenya

CS 3.3 “Menstrual Resistance” TSB Rm. 221

“Leaky Activism: Women’s Embodied Experiences of Resistance”

Charlotte Amrouche, National University of Ireland (Galway), Ireland

“In Defense of the Pussyhat, or Feminists, Don’t Fear the Isomer”

Geneva Kachman, Menstrual Monday, United States

“‘Everybody Bleeds . . . Sometimes’: Graphic Menstruation Narratives”

Jeannie Ludlow, Eastern Illinois University, United States

“From Private to Public: Shifting from the Politics of Bloodless Respectability to Radical Menstrual Embodiment”

Chris Bobel, University of Massachusetts & Breanne Fahs, Arizona State University, United States

CS 3.4 “Menstrual Taboos” TSB Rm. 223

“Bloody Periods! Visualizing Menstruation to Challenge Taboos and Social Norms: Insights From Nepal”

Sara Parker, Liverpool John Moores University, United Kingdom

“Using Collaborative Filmmaking to Explore Diverse Menstrual Practices and Motivations Among Adolescent Girls in Far-West Nepal”

Sara Baumann, University of Pittsburgh, United States

“Menstrual Taboos Beyond the Household: A Qualitative Study Conducted in Kathmandu, Nepal”

Srijana Karki, Oklahoma State University, United States

“Hidden Yet Shared: An Investigation into Experiences of the Menstrual Taboo Across Higher- and Lower-income Contexts”

Elizabeth Goolden, University of Leeds & Independent Research, United Kingdom

12:30 pm – 2:30 pm PLENARY & BUFFET LUNCH

Bemis Hall

Film: “The Invisible War on Blood” by Ishwari Rajak.

People around the world follow different traditions, beliefs, and taboos about menstruation. This documentary presents the parallel between people who menstruate in the United States and women/ girls who are in menstruation huts, Chau (a tradition called Chaupdai) in Nepal.

SMCR Update and Reports

In Memoriam: “Honoring Menstrual Researchers”

Maureen McHugh

2:30 pm – 3:30 pm Concurrent Sessions (CS) #4

Tutt Science Bldg. (TSB)

CS 4.1 “Menstrual Inequities: Work and Housing” TSB Rm. 214

“Perceptions of Menstruators Who Take Menstrual Leave: A Vignette Study”

Jessica Barnack-Tavlaris, The College of New Jersey, United States

“Menstrual Leave; Good Intention, Bad Solution”

Sally King, Menstrual Matters & King’s College London, United Kingdom

“Menstruation, Reproductive Health, and Housing: Reports from Women Living in a Transitional Homeless Shelter”

Heather E. Dillaway, Wayne State University, United States

Conference Schedule: Saturday, June 8

CS 4.2 “Cultural Context of Menstruation” TSB Rm. 218

“Migrant and Refugee Women’s Construction and Experiences of Menstrual Bleeding Across the Lifespan”

Alexandra Hawkey, Western Sydney University, Australia

“Men and Menstruation: Is Focusing Menstrual Education on Women the Most Effective Way to Bring about Change in India?”

Leila Owens, Princeton University, United States & Jatan Sansthan, India

“The Role of (De)Stigmatization in Institutional Change -A Case Study of Standardization in the Menstrual Hygiene Product Field”

Louise Klintner, Lund University, Sweden

CS 4.3 “Scotland’s Bloody Revolution – Menstruation Policy, Research, and Activism” TSB Rm. 221

“Corporate Sponsorship, Free Products, and Historical Change in Scotland”

Camilla Mørk Røstvik, University of St. Andrews, United Kingdom

“Getting ‘On the Ball’ - The Campaign for Free Menstrual Products at Football Clubs in the UK”

Kay Standing, Liverpool John Moores University & Sarah Zipp, University of Sterling, United Kingdom

“Clinical Health Perspectives on Menstruation in Scotland”

Pamela Warner, University of Edinburgh, United Kingdom

CS 4.4 “Menstrual Pedagogies” TSB Rm. 223

“Menstrual Pedagogies: A Menstrual Product Investigation”

Jill Wood, Penn State University, United States

“‘My Body, My Power’: Menstrual Education for Girls in Restorative Care”

Leslie Botha

“Pakistani Girls’ Empowerment: The Menstrual Hygiene Management Intervention Program”

Urooba Ahmed Fatima

“Stop, Collaborate, and Listen: Excellence in Education and Advocacy Partnerships”

Chella Quint, #periodpositive, United Kingdom

3:30 pm – 4:00 pm **Break**

4:00 pm – 5:00 pm **Award Announcements** Bemis Hall

“Call to Action:” Gallery Walk and Interactive Exercise with Graphic Recorder

Throughout the conference, our graphic recorder Karina Branson of ConverSketch visually documented the key points from keynotes, plenaries, panels, and symposia. In this session, we create an active and complex discussion to build connections and keep the conversation alive.

7:00 pm – 10:00 pm **Closing Celebrations** Cornerstone Arts Center

Performance: “Menstrual Accessory” by Vanessa Dion Fletcher

Vanessa Dion Fletcher is a Potawatomi and Lenape two-spirit artist that looks to her ancestry to inspire a powerful body of work. With #Menstrual Accessory Dion Fletcher turns an often private female bodily function into a fashionable, public happening.

“Red Moon Howl” – Poetry Slam Open Mic

Calling all poets, performers, and menstrual enthusiasts to “howl” in Colorado Springs’ first (and SMCR’s 4th) Menstrual Poetry Slam.



KEYNOTE ADDRESS BY

CHRIS BOBEL:

“What do We Talk About When We Talk About Menstruation?”

Chris Bobel is Associate Professor and incoming Chair of the Department of Women’s, Gender & Sexuality Studies at the University of Massachusetts Boston, where she teaches courses such as Gender & the Body, Feminist Theory, Feminist Research Methods, Women in U.S. Social Movements, and Feminist Activism. She is past president of the Society for Menstrual Cycle Research, and a current fellow of the Menstrual Health and Gender Justice Working Group at Columbia University.

Bobel finds the body — especially the body on the margins — a rich site where social norms, cultural anxieties, and political agendas come to life. As a scholar of social movements, she is curious about how feminist thinking becomes feminist doing at the most intimate and immediate levels. At the intersection of these interests lies menstrual activism — a research and advocacy focus that has sustained Bobel’s interest for more than 15 years. She is the author, most recently, of “The Managed Body: Developing Girls and Menstrual Health in the Global South” (Palgrave Macmillan). Her other books include “The Paradox of Natural Mothering” (Temple University Press) “New Blood: Third Wave Feminism and the Politics of Menstruation” (Rutgers University Press) and the co-edited collections (with Samantha Kwan) “Embodied Resistance: Breaking the Rules, Challenging the Norms” (Vanderbilt University Press) and the brand-new “Body Battlegrounds: Transgressions, Tensions, and Transformations” (Vanderbilt University Press).

Currently, Bobel serves as lead editor of “The Palgrave Handbook of Critical Menstruation Studies” [due out in 2020]. She is also at work on a new ethnographic project exploring contemporary activism inspired by grief and trauma. She is often consulted by the mainstream media about the rapidly growing menstrual activist movement. She has been quoted in publications such as *The New York Times*, *The Huffington Post*, *The Guardian*, *The Washington Post*, *Newsweek*, *Time*, *NPR*, *USA Today*, *The Atlantic*, *El Mundo*, *Agence France-Presse*, and the *Associated Press*.



KEYNOTE ADDRESS BY

CAROL TAVRIS:

“Rethinking Estrogen. Yes, Again.”

Carol Tavris earned her Ph.D. in social psychology at the University of Michigan, and has devoted her career to writing, teaching, and lecturing about feminism and psychological science. Her latest book, with oncologist Avrum Bluming, is “Estrogen Matters: Why Taking Hormones in Menopause Can Improve Women’s Well-being and Lengthen Their Lives — Without Raising the Risk of Breast Cancer.” She is author, with Elliot Aronson, of “Mistakes Were Made (But Not by Me): Why We Justify Foolish Beliefs, Bad Decisions, and Hurtful Acts,” which has a third revised edition due in 2020. Her other best-known books include “Anger: The Misunderstood Emotion;” “The Mismeasure of Woman: Why Women are Not the Better Sex, the Inferior Sex, or the Opposite Sex;” and, with Carole Wade, two leading textbooks in introductory psychology. (The two also wrote one of the first texts for the then-new field of women’s studies, “The Longest War: Sex Differences in Perspective.”) Tavris has written hundreds of articles, op-eds, and book reviews for a wide array of publications, including *The Los Angeles Times*, *The New York Times Book Review*, *The Wall Street Journal*, and the (London) *Times Literary Supplement*. She writes a column, “The Gadfly,” for *Skeptic magazine*.

Tavris has given distinguished lectureships, workshops, and keynote addresses to students, clinicians, psychologists, lawyers, physicians, and general audiences around the world, from New Zealand to Finland. A Fellow of the Association for Psychological Science, she has received numerous awards for her efforts to promote gender equality, science, and skepticism, including an honorary doctorate from Simmons College for her work in promoting critical thinking and gender equity; the Distinguished Media Contribution Award from the American Association of Applied and Preventive Psychology for “The Mismeasure of Woman;” the Heritage Publications Award from Division 35 of the American Psychological Association for “The Mismeasure of Woman;” and the Media Achievement Award from the Society for Personality and Social Psychology.



PERFORMANCE BY

VANESSA DION FLETCHER:

“Menstrual Accessory”

Vanessa Dion Fletcher is a Potawatomi and Lenape two-spirit artist who looks to her ancestry to inspire a powerful body of work. The artist draws upon her role as a woman in a colonial world to create performances that challenge preconceived notions of identity. Dion Fletcher identifies as two-spirit, a term established in the 1990s to represent indigenous queer individuals with a First Nations spiritual affiliation. Her work incorporates traditional indigenous materials, her own body, and the natural environment to raise issues that are pertinent to First Nations today.

Dion Fletcher incorporates materials such as porcupine quills, Wampum belts, and menstrual blood in her work to reveal the complexities of what defines a body physically and culturally. She links these ideas to personal experiences with language, fluency, and understanding. All of these themes are brought together in the context of her First Nations ancestry and her learning disability caused by a lack of short-term memory. Her work is held in the Indigenous Art Center Collection in Gatineau, Quebec, and Seneca College. In 2016, Dion Fletcher graduated from The School of The Art Institute of Chicago with an M.F.A in performance. She is the recipient of the Textile Museum of Canada Melissa Levin Emerging Artist Award.

Don't Miss These Events



HONORING MARGARET ATWOOD

“Margaret Atwood’s Nightmare – A Menstrual Dystopia”

Friday, June 7,
1:00 pm

Few novels in recent years have had the social impact that Margaret Atwood’s “The Handmaid’s Tale” has achieved. The image of the handmaids in their flowing red cloaks and white cowls has become a social meme, adopted and worn by women activists in a variety of social protests whenever threats are made to suppress women’s rights or limit their control over their reproductive lives. Her novel has joined the ranks of Orwell’s “1984” and Huxley’s “Brave New World” as a dire warning of what the future might hold for women if current environmental and social trends go to extremes. And at the center of her vision is the crucial importance of a healthy menstrual cycle for the existence of a healthy society.



Since 2013, the Society for Menstrual Cycle Research has been honoring individuals and organizations that have made significant contributions to women’s health and the demystification of the menstrual cycle. With this year’s recognition, Margaret Atwood joins Gloria Steinem, the Boston Women’s Book Collective, and Congresswoman Carolyn Maloney as deserving of a special tribute.



MENSTRUAL ACCESSORY

Saturday, June 8,
7:30 pm, Cornerstone
Arts Center

What if menstruation was trendy, fashionable, desirable? Menstrual Accessory comes in a 1oz bottle and can be applied to your white pants to cover your period stains with much prettier pink stains. For the best over-all look, be sure to match your stain color with your shoes, lips, and nails.


Vanessa Dion Fletcher’s performance piece “Menstrual Accessory” takes the form of a live “infomercial” extolling the virtues of the product that turns period stains into glamorous designs. The performance concludes with a hands-on activity in which audience members may make designs on pre- “stained” underwear. While “Menstrual Accessory” deftly leverages humor and satire, Dion Fletcher notes that it also has a serious side. She writes, “this is really poignant for me in terms of talking about what is acceptable and not acceptable, and what aspects of a female body, or a body that menstruates, are acceptable or not.”



The Society for Menstrual Cycle Research Proudly Presents

Red Moon Howl

SMCR's 4th Menstrual
Poetry Slam



Calling all poets,
performers, and menstrual
enthusiasts to “Howl” and
rock our open mic!

June 8, 8-10 pm
Cornerstone Arts Center,
Colorado College

SPONSORED BY



DivaCup®

Society for Menstrual Cycle Research

2017-2019 Board of Directors

Tomi-Ann Roberts
PRESIDENT

Jane Ussher
PRESIDENT-ELECT

Ingrid Johnston
PAST PRESIDENT

Margaret (Peggy) Stubbs
TREASURER

Jessica Barnack-Tavlaris
SECRETARY

Janette Perz
DIRECTOR

Evelina Sterling
DIRECTOR

Heather Dillaway
DIRECTOR

Breanne Fahs
DIRECTOR

Sheryl Mendingler
DIRECTOR

Jax Gonzalez
DIRECTOR

Rachel Fikslin
DIRECTOR

Maureen McHugh
DIRECTOR

Eugenia Tarzibachi
DIRECTOR

Saniya Lee Ghanoui
DIRECTOR

Jennifer Gorman
DIRECTOR

Mindy J. Erchull
DIRECTOR

Editors

Joan C. Chrisler
JOURNAL EDITOR
Women's Reproductive Health

David Linton
NEWSLETTER EDITOR
The Periodical

Major Conference Partner



Gold Hot Flash



Future Scholars Supporter

(Student Travel
Scholarship)



**THE JJ METTA
MEMORIAL FOUNDATION**

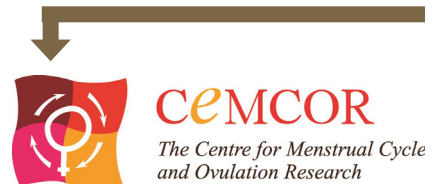
Silver

Anything you Can Do,
I Can Do Bleeding



Bronze

Go With the Flow





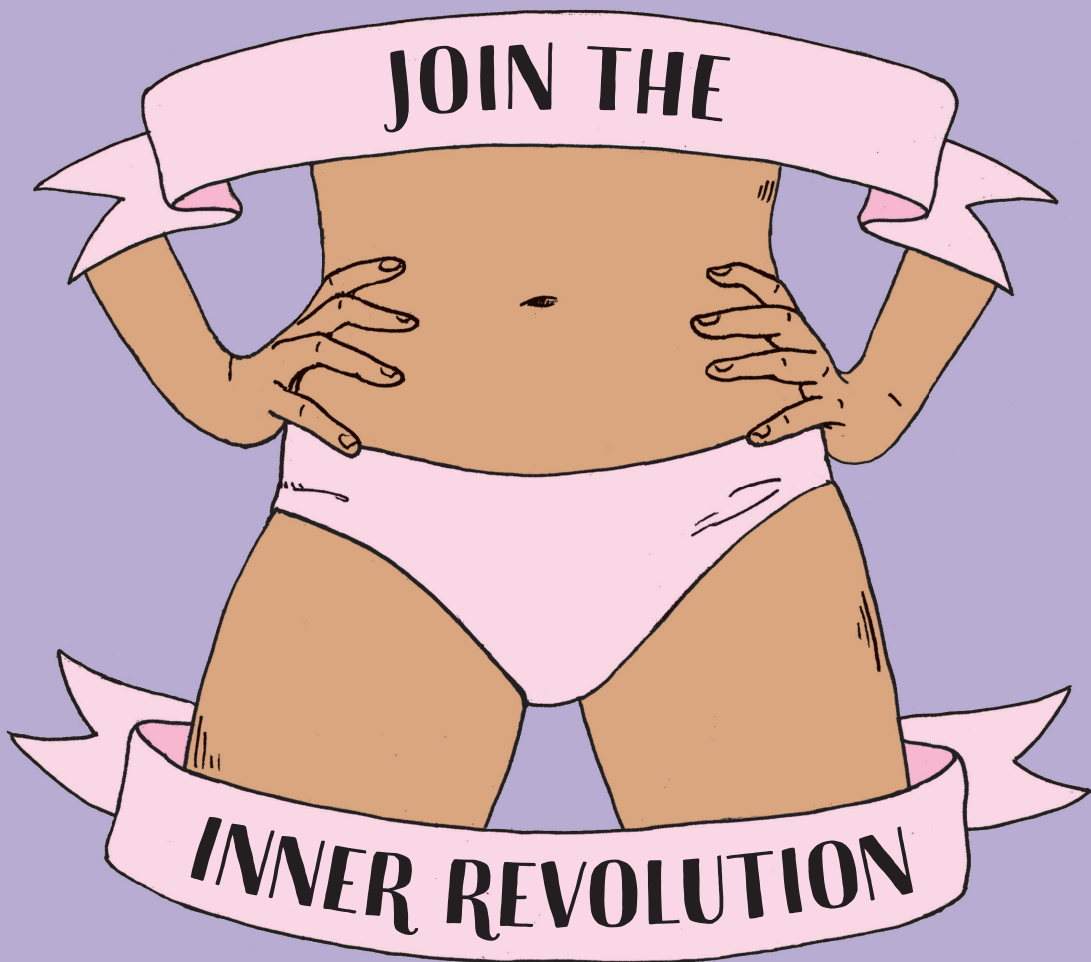
Lunette
MENSTRUAL CUP

99%

of Lunette Menstrual Cup
users would recommend
Lunette to others*

Learn more: lunette.com @LunetteCup

*For real! We (almost) couldn't believe it either! Source: Lunette customer survey 2018



divacup.com



We've discovered another way, a better way. The DivaCup® is challenging the period status quo. With up to 12 hours leak-free protection, the DivaCup is the eco-friendly, low-cost way to period. **The Inner Revolution is now.**



Learn more at SMRC presentations by the myEverCup team:

Dr. Shobha Shah of SEWA-Rural

Acceptance and Effectiveness of Reusable Menstrual Cups Among Rural Poor and Underserved Women in Western India

Sutopa Dasgupta, Ph.D.

Menstrual Cups in South Asia: Cultural Norms and Revisionary Frameworks



	mini	mid 1	mid 2	standard 1	standard 2
capacity	25ml	30ml	38ml	30ml	36ml
diameter	42mm	42mm	47mm	42mm	46mm
length	58mm	65mm	65mm	68mm	68mm

- Offering 5 Sizes.
- Innovative Cleaning Case.
- Buy One, Donate One Program.
- Menstrual Health Training Program.
- Private Label Cup Manufacturing.

Learn More:

myEverCup.com



Don't miss our 1/2 Off Cup Offer!

Use code **SMRC19** to get any size cup for 1/2 off on myEverCup.com!

Contact Us:

email: hello@myEverCup.com
phone: 833-EVER-CUP



MADE WITH PURE, 100% CERTIFIED ORGANIC COTTON.

Change your world this month from the inside out

Oi, do you wonder what tampons and pads made from synthetics or cotton grown with pesticides and herbicides, may be doing to your body? Or the environment?

Organic Initiative's naturally absorbent and comfortable tampons, pads and panty liners are made with biodegradable, certified organic cotton. Free from synthetics, chlorine bleaching and toxic sprays used to grow the cotton and in recyclable cardboard packaging.

Now available nationally at Walmart or online at oi4me.com and Amazon.



ConverSketch

Graphic Recording and Facilitation

Graphic
Recording

Visual
facilitation

Illustrated
Videos



Creative
thought
partnership

KARINA BRANSON ConverSketch.com



+1 303-718-4541



karina@conversketch.com

Sponsored by **lunette**
MENSTRUAL CUP

Thanks!!
😊

SECOND EDITION

ESTROGEN'S STORM SEASON

DR. JERILYNN PRIOR



stories of perimenopause

**Purchase your copy via
our Amazon Kindle or
Google Play storefronts!**

Paperback copies (with updated insert)
also available on www.amazon.ca or
www.cemcor.ca

Full of lively, realistic stories
with which women can relate.

Evidence-based, empowering
perimenopause information.

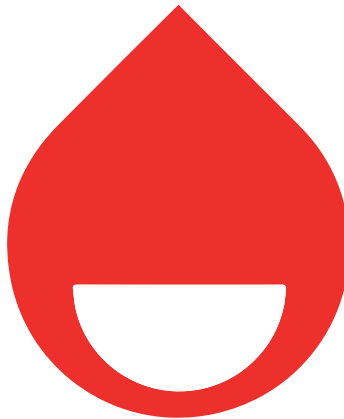


CeMCOR

*the Centre for Menstrual Cycle
and Ovulation Research*

**Estrogen's Storm Season is available in BOTH print and
eBook (Mobi and ePUB) versions!**

All royalties support CeMCOR (Centre for Menstrual Cycle and Ovulation Research).



#periodpositive[®]

The Period Positive Charter Mark

Transforming the menstrual discourse by supporting trained and trusted partners.

The #periodpositive campaign and concept of period positivity started as a phrase coined by artist, activist, researcher and former teacher Chella Quint. With the SMCR's support it has grown into a trademark, a charter program, and a movement.

To find out how to earn the mark and champion menstrual vitality, visit www.periodpositive.com.

SMCR thanks Innovation at CC for their generous donation to support innovative thinking and design in menstrual health and wellness!

INNOVATION

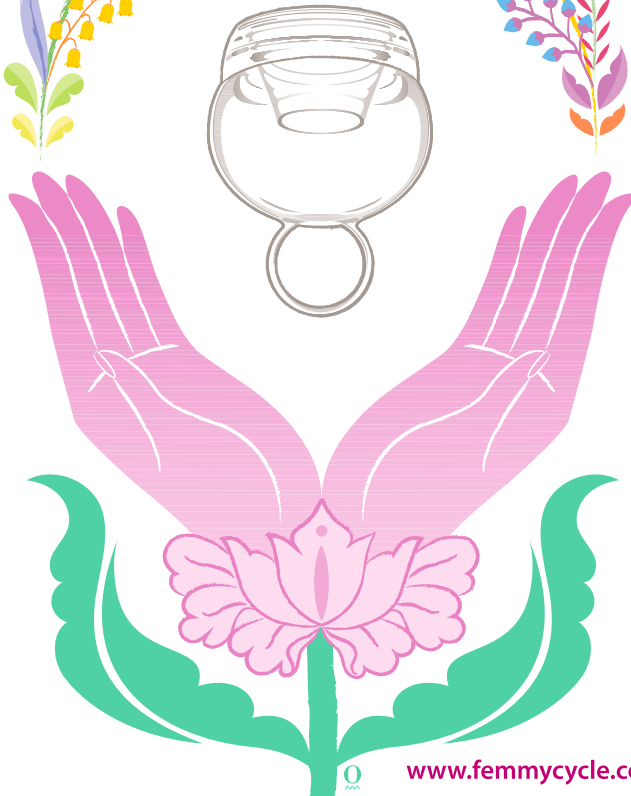
at **COLORADO COLLEGE**

SMCR thanks Avery brewing for supporting menstrual health and wellness with their beer donation to the conference!

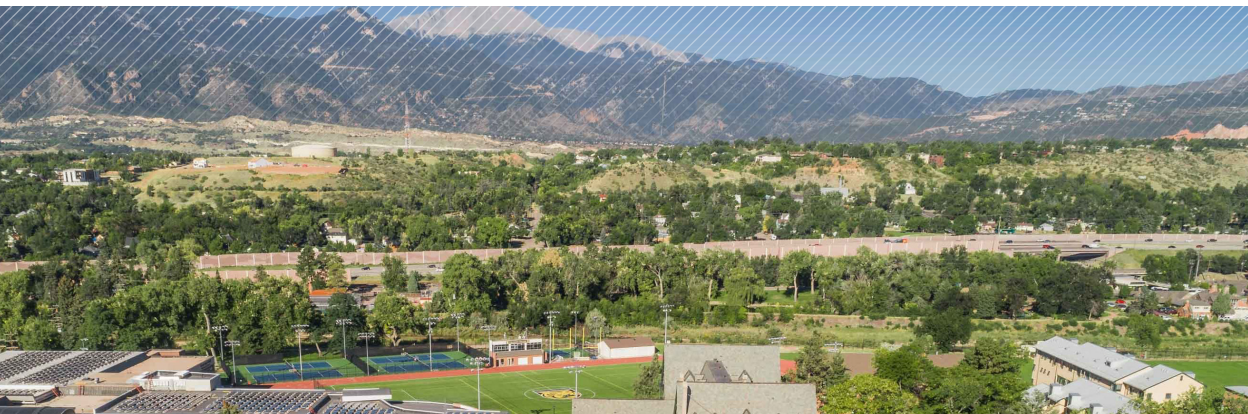


A MENSTRUAL CUP AS UNIQUE AS YOU

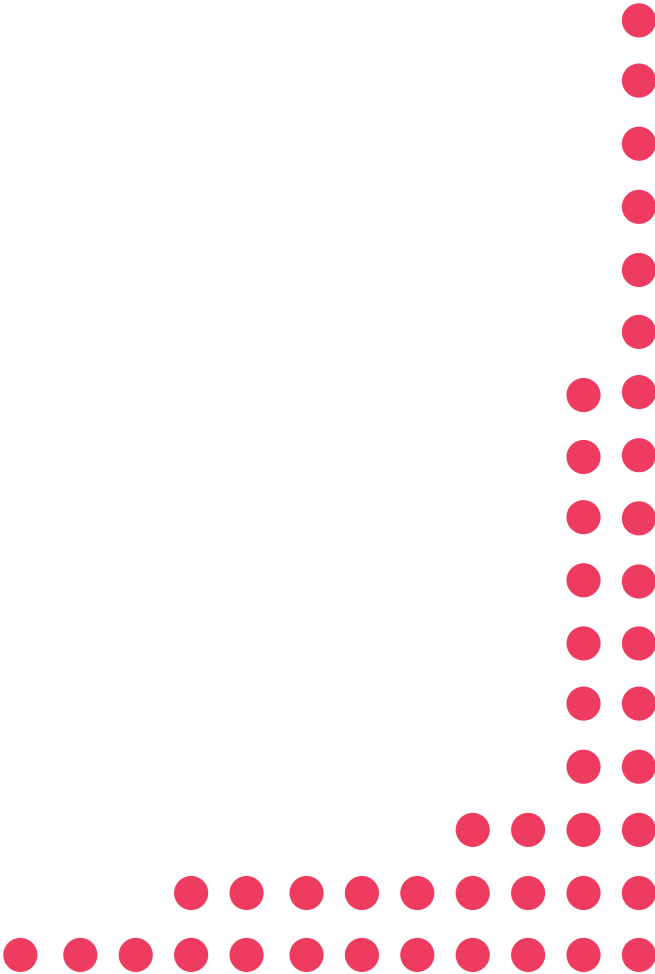
Femmy
Cycle



www.femmycycle.com




Notes



Thanks to our Major Conference Partner Lunette
for making Colorado 2019 our best yet!

lunette[®]
MENSTRUAL CUP



 facebook.com/menstruationresearch
 [@menstruationorg](https://twitter.com/menstruationorg)
 www.menstruationresearch.org